

**Always sneeze
into your elbow...**

**unless you can
sneeze into
your knee.**



Help Protect Yourself From Getting Sick (no flexibility required)



Wash or sanitize your hands often.



Cough or sneeze into a tissue or your elbow.



Disinfect frequently touched surfaces.



Get a flu shot.



If you're sick, stay home, rest, and limit contact with others.



THE COMPLETE CLEAN